ESP0035 –Esprit CT80

Esprit

- by - SPIRIT

OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW TREADMILL!

ALWAYS CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM

SAFETY HINTS

IMPORTANT: THIS UNIT IS INTENDED FOR HOUSEHOLD USE ONLY

SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product, occasional errors and/or omissions do occur. In any event should you find this product to be defective or missing a part please contact our Customer Service Department.

Your treadmill was designed and built for optimum safety. However, certain precautions apply whenever you use your treadmill. Be sure to read the manual before assembly and operation.
Also, please note the following safety precautions:
DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

1. Read OWNER OPERATING MANUAL and all accompanying literature and follow it carefully before using your treadmill.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Never leave the treadmill unattended when plugged in. Unplug from the outlet when not in use and before removing or replacing parts.
4. Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped, damaged, or exposed to water.
5. Do not pull the treadmill by the power supply cord or use cord as a handle. Keep cord away from heated surfaces and open flames.
6. Fitness equipment must always be installed and used on a flat surface. Do not use outdoors or near water.
7. Do not insert any objects into any openings.
8. Keep children and pets away from this equipment at all times while exercising.
9. Handicapped individuals should have medical approval and close supervision when using this treadmill.
10. Do not place hands or feet under the treadmill. Always keep hands and legs off of the treadmill when others are using it.
11. Never turn on treadmill while standing on treadbelt. Always return the treadmill to slow speed to provide for safe dismount and low speed restart.

a-To disconnect, turn all controls to the off position, then remove plug from outlet.
b-Use the treadmill only for it is intended use as described in this manual.
c-Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
d-Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
e-Start your program slowly and very gradually increase your speed and distance.
f-Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your treadmill.
g-Do not walk or jog barefoot, in stocking feet or loose fitting shoes or slippers.
h-Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

CAUTION!! Please be careful when opening this unit.

SPIRIT

CONGRATULATIONS ON YOUR NEW TREADMILL AND WELCOME TO THE SPIRIT FAMILY!

Thank you for your purchase of this quality treadmill. Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available.

Please take a moment at this time to record the name of the dealer and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,
BOYLES FITNESS Equipment Pty Ltd.

Name of Dealer_____
Purchase Date _____

INTRODUCTION

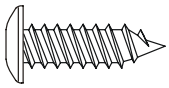
The treadmill has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding and benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

SPECIFICATIONS

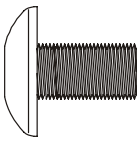
- Horsepower Continuous : 1.75 hp
- Recommended Speed Range: 1 – 16 Km/h
- Striding Surface: 450 X 1270 mm
- Folding Design: Yes

- **MAX.USER WEIGHT 130 KGS**

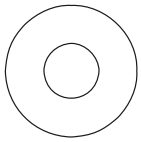
ASSEMBLY PACK CHECK LIST



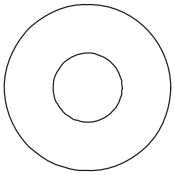
#74. 3.5 × 12 m/m
Sheet Metal Screw (4pcs)



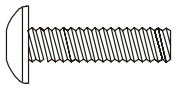
#99. 5/16" × 1/2"
Button Head Socket Bolt (14pcs)



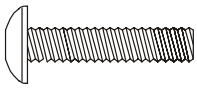
#100. 5/16" × 18 × 1.5T
Flat Washer (6pcs)



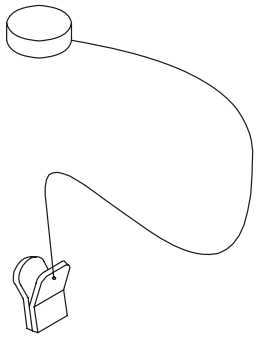
#101. 5/16" × 23 × 1.5T
Curved Washer (8pcs)



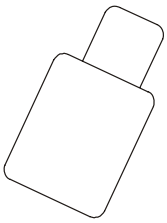
#125. M5 × 25m/m
Phillips Head Screw (2pcs)



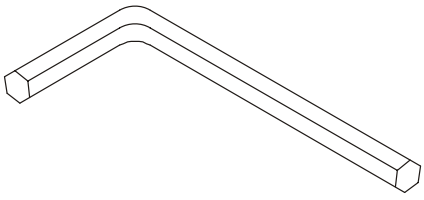
#126. M5 × 35m/m
Phillips Head Screw (2pcs)



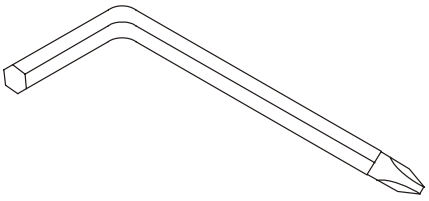
#44. Safety Key (1pc)



#104. Lubricant (1pc)



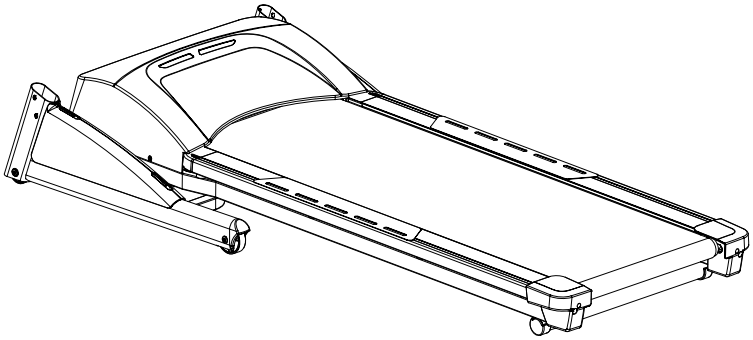
#103. M6 (66 × 88)
Allen Wrench (1pc)



#102. Combination M5 Allen Wrench &
Phillips Head Screw Driver (1pc)

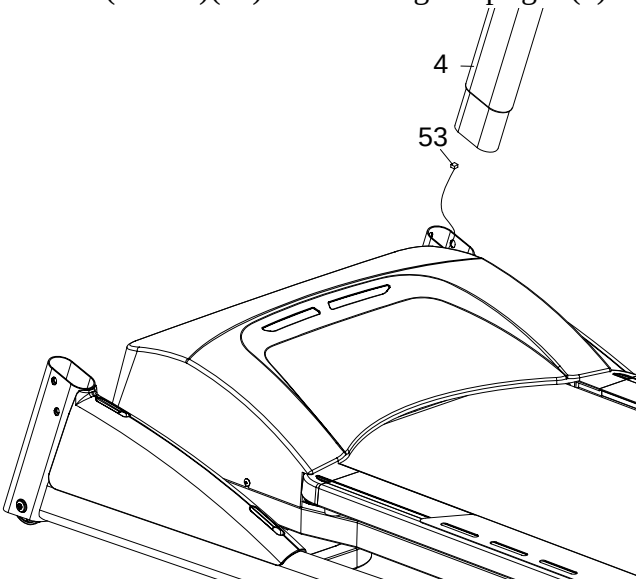
Step1.

Take out the Treadmill frome the carton and lay it aside on the smooth ground.



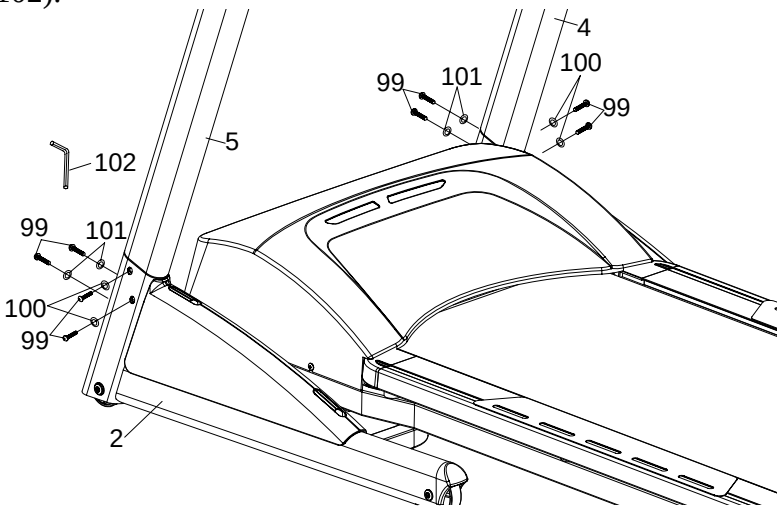
Step 2.

Connect the Computer Cable (Lower)(53) with the Right Upright (4).



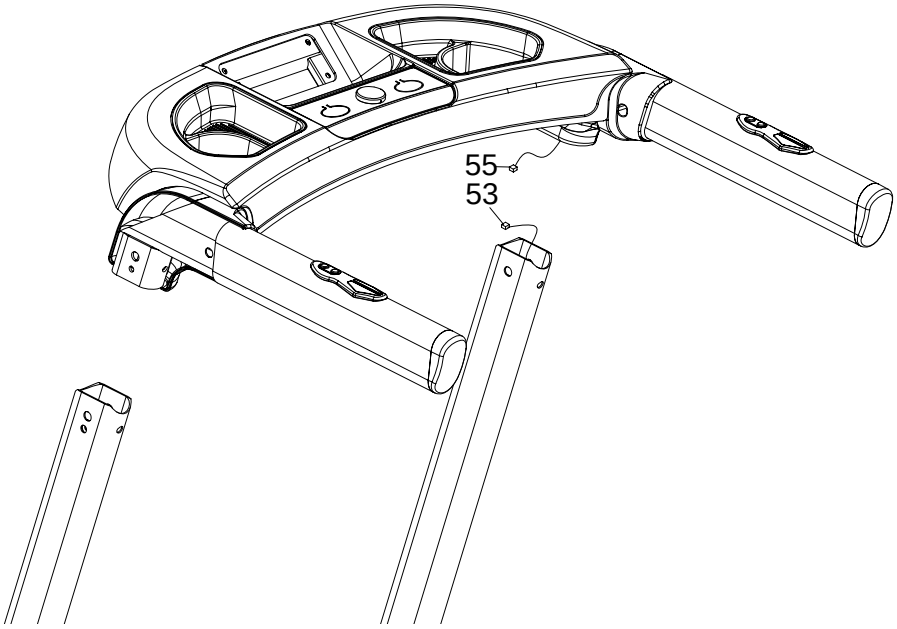
Step 3.

Insert the Uprights (L, R)(5,4) into the Frame Base (2) with the 8pcs of 5/16" ×1/2" Button Head Socket Bolts (99), 4pcs of 5/16" x 18 x 1.5T Flat Washers (100) and 4pcs of 5/16" × 23 × 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



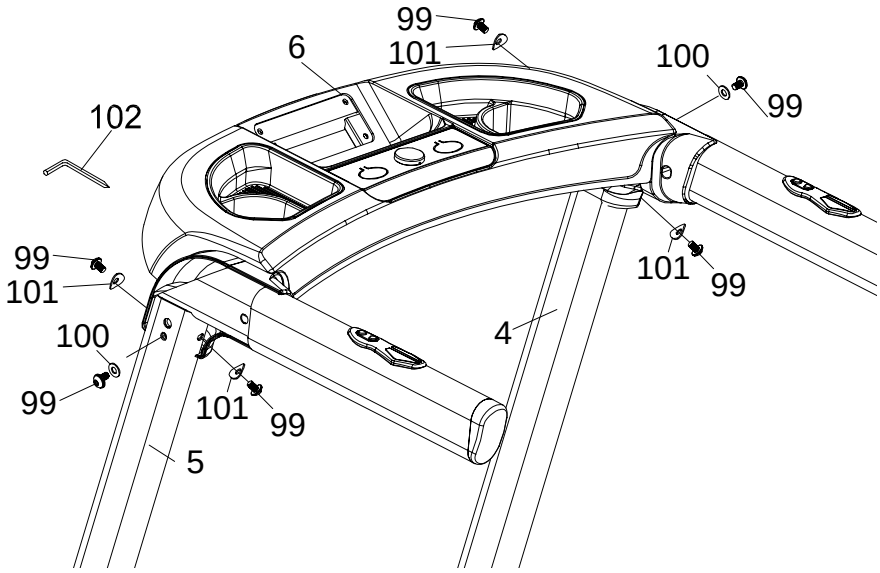
Step 4.

Connecting the Computer Cable (Middle) (55) with the Computer Cable (Lower)(53).



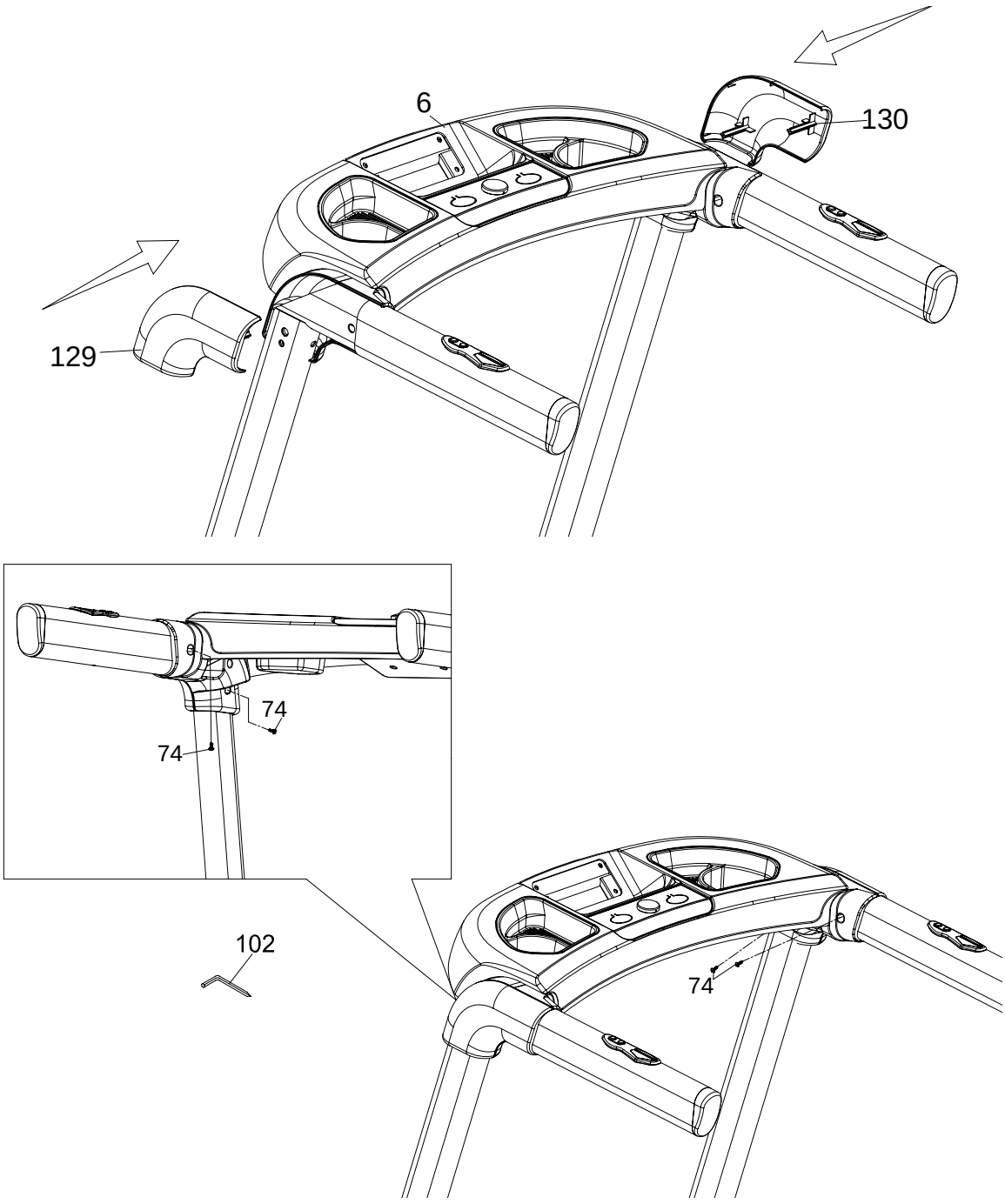
Step 5.

Install the Console Support (6) into the Uprights (L,R) (5,4) with the 6pcs of 5/16" ×1/2" Button Head Socket Bolts (99) , 2pcs of 5/16" x 18 x 1.5T Flat Washers (100) and 4pcs of 5/16" × 23 × 1.5T Curved Washers (101) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102).



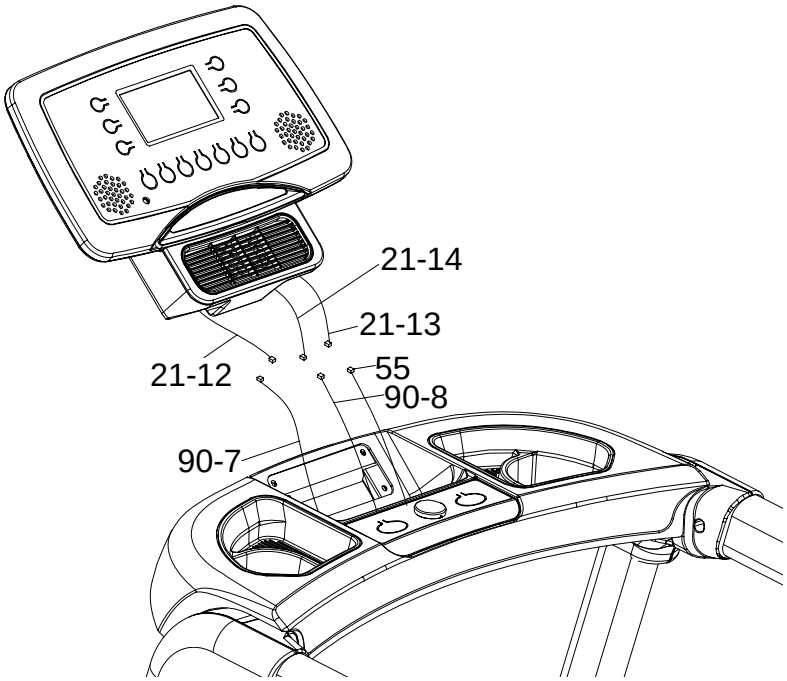
Step 6.

Install the Outer Handlebar Covers (L & R) (129 & 130) on the Console Support (6) with the 4pcs of 3.5 × 12 m/m Sheet Metal Screws (74) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



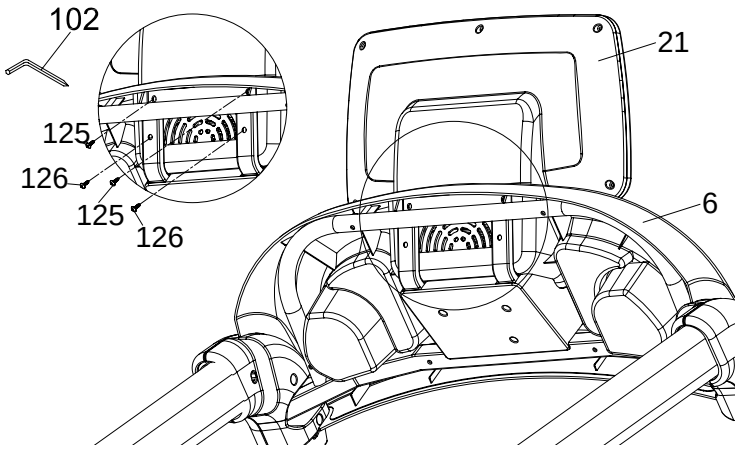
Step 7.

Connecting the Computer Cable (Middle) (55) with the 10P Computer Cable (21-13).
Connecting the Computer Cable (90-7) with the 11P Computer Cable (21-12).
If there is HR receiver, connect 5-Pin HR receiver upper cable (21-14) and 5-Pin HR receiver upper cable (90-8).



Step 8.

1. Insert the Console Assembly (21) into the Console Support (6).
2. Install the Console Assembly (21) and the Console Support (6) with the 2pcs of M5×25mm Phillips Head Screws (125) and 2pcs of M5×35mm Phillips Head Screws (126) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (102) and tighten them.



NOTE: Please Tighten All Screw After All Components Assembly Complete.

COMPUTER OPERATION INSTRUCTIONS

Keys for Meter Panel

“Start” key

Press this key, machine begins to run at the speed of 1.0km/h. When the machine runs at the speed of more than 3.5km/h.

“Stop” key

Press this key, machine stops slowly, during this operation, none keys are in function. If the speed is less than 3.5km/h, machine stops immediately.

“Clear/Set” key

When the machine stops, press this key, all the figures will be cleared. Then press it again for 3 seconds, time, distance and calorie can be changed. Press “set +” or “ set -“, time, distance and calorie can be set. Then press “stop” , the machine runs at the speed of 1km/h, the set figures will be counted down. When the figures turn to 0, machine stops.

“Mode” key

When all the figures are cleared, press this key, the running program can be chosen. Totally 12 programs can be chosen. Each program lasts 30 minutes. Speed can be set automatically every minute, while speed also can be set handmade within one minute. Bell rings for 3 times before the program stops.

“Speed” key

Press this key Speed " ↑" or " ↓ " , it can adjust the running speed of the treadmill.

“Incline” key

Press this key Inclive " ↑" or " ↓ ", it can adjust the incline of the treadmill.

“Speed shortcut key” key

Press these keys, speed walk, jog, run, it can be chosen directly which speed you want. The highest speed is 16km/h.

“Incline shortcut key” key

Press these keys, incline 3, 6, 9, it can be chosen directly which incline you want. The highest incline is level 12.

“Safety” key

key Under emergent situation, pull safety key, machine stops immediately.

Getting Started

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor shield. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power is turned on, all the lights on the display will light for a short time.

Self-Checking

When using for the first time, it is necessary to make the machine carry on self-check:

- Remove the safety key, press MODE and hold, then insert the safety key again, the machine enters into self-checking state. During this state, pressing START can terminate the self-checking.

Quick-Start Operation

1. Press and release the START to wake display up (if not already on). Note: Installing the safety key will also wake up the console.
2. Press and release the START to begin belt movement, at 1.0 Km/hr, then adjust to the desired speed using the " ↑" or " ↓ ". You may also use the rapid speed keys (walk, jog, run,) to adjust the speed. The speed range is from 1.0km/h to 16.0km/h.
3. To slow the treadmill down, press and hold the ‘↓’ key to desired speed. You may also press the rapid speed adjust keys: walk, jog, run.
4. In a state of running, single press STOP, the walking belt will gradually slow down if the speed is above 1.5km/h, if under 1.5km/h, then it will stop immediately.
5. In the state of running, single press CLEAR will reset all number except the speed. Then enter into manual mode.
6. To stop the tread-belt press and release the STOP.

Incline Feature

- Incline may be adjusted anytime after belt movement.
- The incline range is from 0 to 12 levels.
- Press the " ↑" or " ↓ " to achieve desired level of effort. Three Quick access key of 3, 6 and 9 are also available to adjust the incline percent.
- The display will indicate incline percent as adjustments are made.
- Incline will remain in its position when display is turned off.

Pulse Grip Feature

The Pulse (Heart Rate) console window will display your current heart rate in beats per minute during the workout. You must use both stainless steel sensors to display your pulse. Pulse value displays anytime the upper display is receiving a Grip Pulse signal.

Calorie Display

Displays the cumulative calories burned at any given time during your workout.
Note: This is only a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.

Folding and Unfolding Treadmill

Folding

First, lift the back part of the frame board with your hand till you hear a light sound, which means the folding system has been locked. Running board can't be turned to the opposite direction now.

Unfolding

Put the folded treadmill in a capacious position when you want to run.

Transport

Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.

Programmable Operations

This treadmill offers 24 present programs (P1,P2, P3……P24, see attachment). The first 14 preset programs (P1 to P14) are only for speed; the last 10 preset programs (P15 to P24) are a combination on speed and incline. Be careful when using the last 10 present programs as they are designed for advanced users. Children under 16 years of age are not recommended to use the last 10 preset programs.

To Select a Program

- Make sure the machine is in the stop position, single press 'clear/set' to enter into resetting state. Press 'MODE' to choose desired program (P1,P2, …..P24), then press and release 'START' to begin the program with default values.
- The speed window will now be showing the preset speed of the selected program.
- Each program will continue 30 minutes. After every one minute program and speed can be altered manually or automatically. 3 Seconds before the ending of program a buzzer will sound three times, then the running belt will come to a stop.

HRC Program:

A. Choose HRC program and then press START to begin workout. All parameters will be counted with preset values.

B. Use FAST/SLOW keys to set your age and then press ENTER.

C. Use FAST/SLOW keys to set Target Heart Rate value then press ENTER

D. Use FAST/SLOW keys to set workout time and then press START to begin workout.

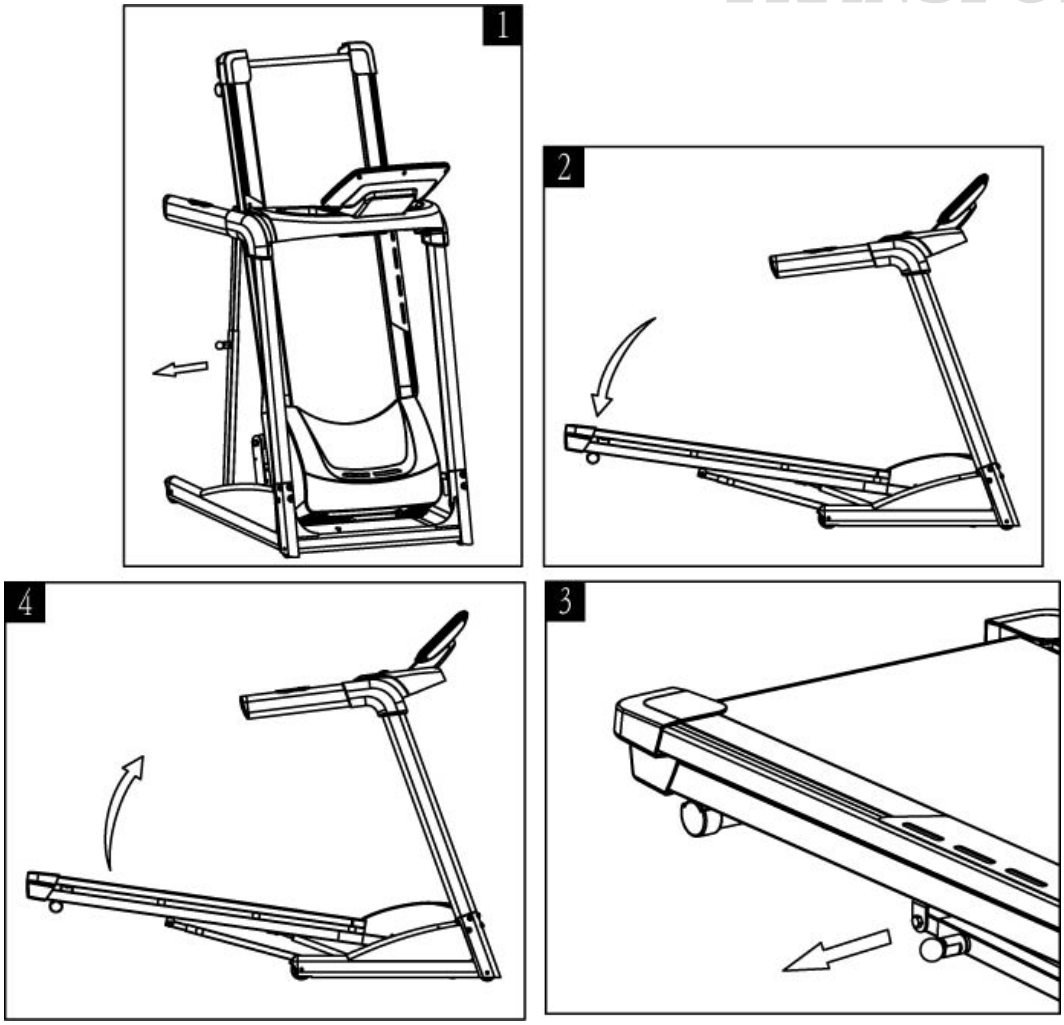
Error Codes:

E0: Safety open, and message prompt “Please put on safety key” will be displayed.

E1: Receive no RPM signal from front roller after 10 second. Error message will be prompted and the machine shuts down automatically.

E3: Calibration error.

MODE \ TIME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
P-1		1	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P-2		1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1
P-3		2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2
P-4		2	6	6	6	6	6	6	6	4	4	4	4	4	4	4	5	5	5	5	5	5	5	3	3	3	3	3	3	3	1
P-5		3	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8	6	4	2	2
P-6		3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1
P-7		4	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10	6	6	2	2
P-8		4	5	5	5	6	6	6	8	8	8	5	5	5	6	6	6	9	9	9	5	5	5	5	9	9	9	6	6	5	5
P-9		5	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2	2	3	4	5	2	3	4	5	3	2
P-10		6	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6	2	4	6	2
P-11		6	6	7	7	7	8	8	8	8	9	9	9	9	9	8	8	8	8	9	9	9	8	8	8	9	9	9	8	8	8
P-12		7	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5	4	3	2	1
P-13		8	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6	4	4	2	2
P-14		9	9	9	8	8	8	8	8	7	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	2	2	1	1
P15	spd	3	4	5	6	5	6	6	5	4	2	1	2	3	6	7	6	6	5	4	2	6	5	3	6	4	3	6	5	4	2
	inc	3	4	5	6	3	4	5	6	5	4	3	4	5	6	3	4	5	6	3	4	3	4	5	6	3	4	5	6	5	4
P16	spd	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	inc	2	4	6	8	10	12	10	8	6	4	2	4	6	8	10	12	10	8	6	4	2	4	6	8	10	11	10	8	6	4
P17	spd	5	5	3	3	3	9	9	9	9	7	7	7	6	6	9	9	9	9	5	5	5	7	7	7	7	6	6	6	6	6
	inc	3	7	7	9	11	9	7	7	3	3	3	7	7	9	11	9	7	7	3	3	3	7	7	9	11	9	7	7	3	3
P18	spd	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	10	6	6	2	2
	inc	7	5	3	5	9	4	2	4	6	8	10	12	1	2	3	4	5	6	7	8	9	2	1	2	1	2	1	1	2	0
P19	spd	2	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3	4	5	3	2
	inc	3	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4	3	2	1	0
P20	spd	3	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6	2	4	6	2
	inc	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3	1	3	5	7	9	11	9	7	5	3
P21	spd	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6	6	6	6	6	7	7
	inc	0	3	3	3	3	3	3	3	6	6	6	6	6	6	6	10	10	10	10	10	10	10	3	3	3	3	3	3	0	0
P22	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	5	5	5	5	5	5	3	3
	inc	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
P23	spd	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	6	6	6	6	6	6	5	5
	inc	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
P24	spd	3	4	4	4	4	4	4	4	7	7	7	7	7	7	7	12	12	12	12	12	12	12	3	3	3	3	3	3	3	1
	inc	0	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	0



- **UNFOLDING**
  Pull locking knob and hold running deck and lower down to the floor.
  (As shown Figure 1_2.)

- **FOLDING**
  Pull the locking knob with right hand, left hand lift the running deck up to 30cm then two hands lift it until it is locked by the locking knob. (As shown in Figure 3_4)

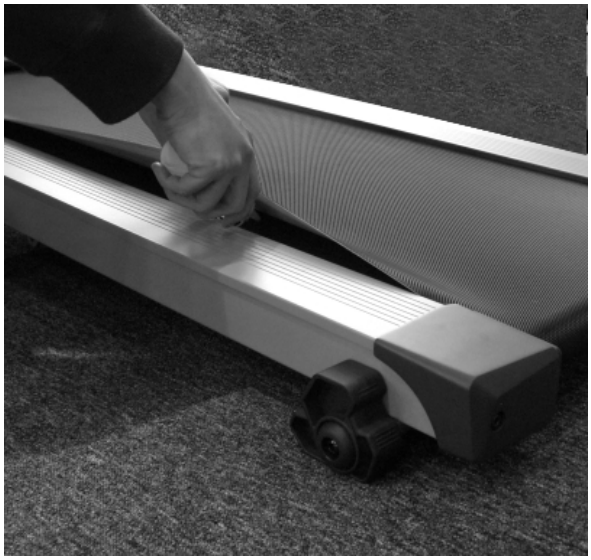
- **TRANSPORT**
  Before moving the treadmill, convert the treadmill to the storage as described above. Make sure that the Locking Knob is closer fully over the frame guide.

  1). Hold the upper ends of the handrails. Place one foot on the base .
  2). Tilt the treadmill back until it rolls freely on the rear wheels. Carefully move the treadmill to the desired location. To reduce the risk of injury, use extreme caution while moving the treading. Do not attempt to move the treadmill over an uneven surface.
  3). Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

➢ BELT TRACKING ADJUSTMEANT

If during use you notice that walking belt either shifts to the right or the left of center, first remove "Safety Key" and unplug equipment from AC power source. Using M6 Allen wrench provided, turn left rear roller adjustment as indicated below clockwise no more the 1/4" of a turn. Remove M6 Allen wrench, insert "Safety Key" and insert AC power cord into AC outlet. Turn on your treadmill and observe after running a few minutes to see if problem has been corrected. This may take several adjustments, so repeat the above procedure.

➢ TREADMILL LUBRICATION



Your treadmill should require little maintenance other then periodically applying lubricant. Lubricating under the treadbelt will ensure superior performance and extend its life expectancy.

HOW TO CHECK TREADBELT FOR PROPER LUBRICATION?

Lift one side of the treadbelt and feel the top surface of the treadboard.
If the surface is slick to the touch, then no further lubrication is required.
If the surface is dry to the touch, apply one packet of lubricant or half of the bottle of lubricant.

HOW TO APPLY LUBRICANT?

1. Lift one side of treadbelt.
2. Pour one half of the lubricant bottle under the center of the treadbelt on the top surface of the treadboard.
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate treadboard. Any excess lubricant that comes out should be wiped off.

IMPORTANT: ONLY USE HALF THE BOTTLE OF LUBRICANT PER APPLICATION
LUBRICATION SCHEDULE.

1. After the first 25 hours of use (2-3 months) apply one half bottle of lubricant.
2. Every 50 hours of use (5-8 months) apply one half bottle of lubricant.

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

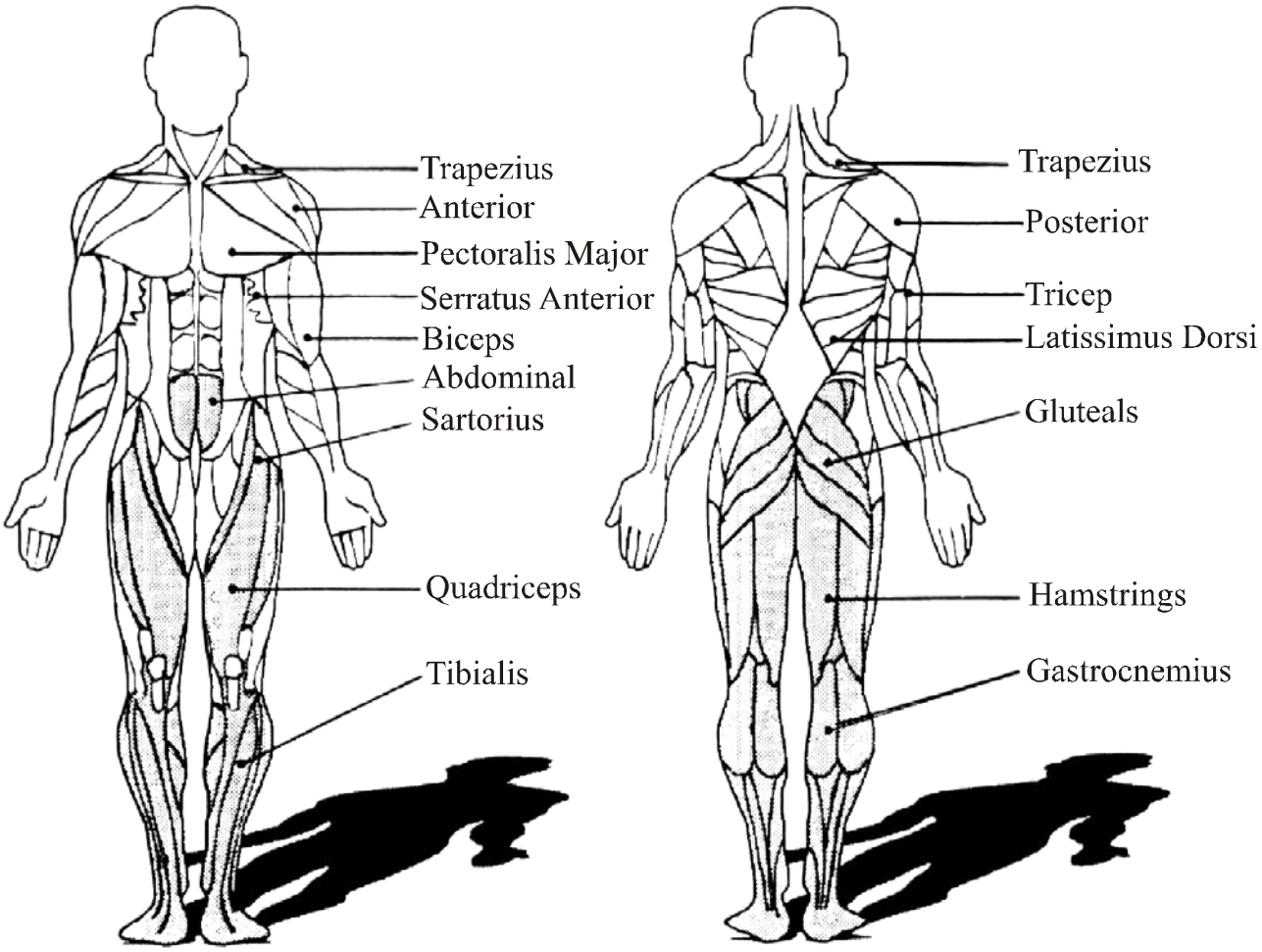
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

MUSCLE CHART

CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

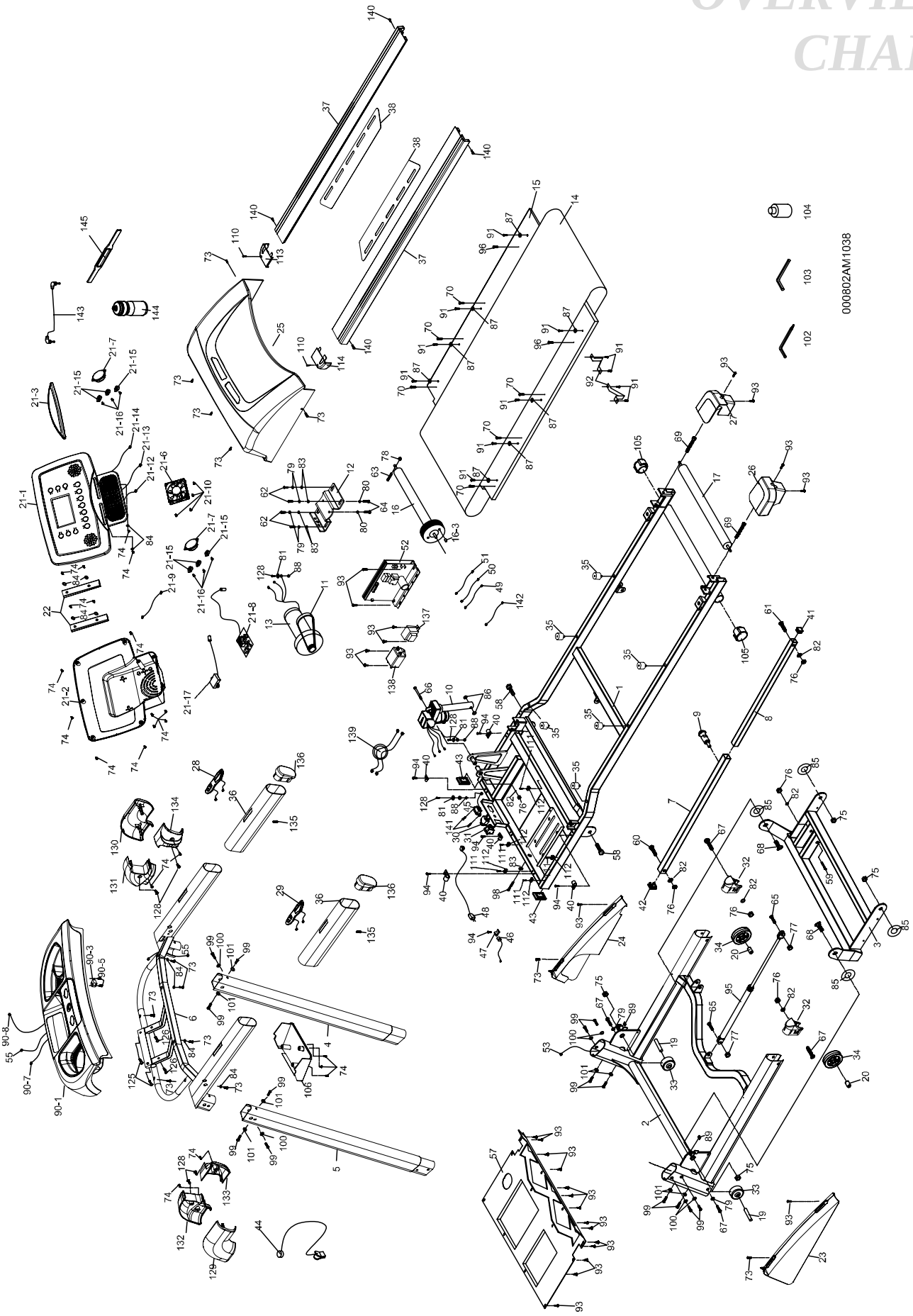
Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

OVERVIEW CHART



NO.	DESCRIPTION	Q'TY
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
7	Outer Slide	1
8	Inner Slide	1
9	Locking Knob	1
10	Incline Motor	1
11	Drive Belt	1
12	Motor Bracket	1
13	Motor	1
14	Running Belt	1
15	Running Deck	1
16	Front Roller W/Pulley	1
16~3	Magnet	1
17	Rear Roller	1
19	Sleeve for Frame Base Front Wheel	2
20	Rear Wheel Sleeve	2
21	Console Assembly	1
21~1	Console Top Cover	1
21~2	Console Bottom Cover	1
21~3	Top Book Rack	1
21~6	Fan (Optional)	1
21~7	Speaker W/Cable (Optional)	2
21~8	Amplifier Controller (Optional)	1
21~9	Amplifier Cable (Optional)	1
21~10	3.5 × 32m/m_Sheet Metal Screw (Optional)	4
21~12	350m/m_11P Computer Cable	1
21~13	350m/m_10P Computer Cable	1
21~14	5-Pin HR receiver upper cable (Optional)	1
21~15	Speaker Grill Anchor (Optional)	6
21~16	3 × 8m/m_Sheet Metal Screw (Optional)	6
21~17	Receiver, HR Assembly (Optional)	1
22	Console Locking Tube	2
23	Frame Base Cover (L)	1
24	Frame Base Cover (R)	1
25	Motor Top Cover	1
26	Rear Adjustment Base (L)	1
27	Rear Adjustment Base (R)	1
28	Speed/Hand Pulse Complex	1
29	Incline/Hand Pulse Complex	1
30	Breaker	1
31	On/Off Switch	1
32	Frame Base End Cap	2
33	Frame Base Front Wheel	2
34	Frame Base Rear Wheel	2
35	Rubber Foot	6
36	Handgrip Foam	2
37	Foot Rail	2
38	Non-Slip Rubber	2
40	Motor Cover Anchor (C)	5
41	□21.4 × 21.4m/m_Square End Cap	1

NO.	DESCRIPTION	Q'TY
42	□25.4 × 25.4m/m_Square End Cap	1
43	□20 × 40m/m_Square End Cap	2
44	800m/m_Safety Key	1
45	Power Socket	1
46	1000m/m_Sensor W/Cable	1
47	Sensor Rack	1
48	Power Cord	1
49	100m/m_ Connecting Wire (White)	1
50	100m/m_Connecting Wire (Black)	1
51	100m/m_Connecting Wire (Black)	1
52	Controller	1
53	1900m/m_Computer Cable (Lower)	1
55	700m/m_Computer Cable (Middle)	1
57	Motor Bottom Cover	1
58	1/2" × 1"_Hex Head Bolt	2
59	3/8" × 3-3/4"_Button Head Socket Bolt	1
60	3/8" × 1-3/4"_Hex Head Bolt	1
61	3/8" × 1-1/2"_Hex Head Bolt	1
62	3/8" × 3/4"_Hex Head Bolt	4
63	M8 × 60m/m_Hex Head Bolt	1
64	M8 × 12 m/m_Hex Head Bolt	2
65	5/16" × 1"_Button Head Socket Bolt	2
66	3/8" × 4"_Button Head Socket Bolt	1
67	3/8" × 2"_Flat Head Socket Bolt	4
68	1/2" × 28m/m_Carriage Bolt	2
69	M8 × 3"_Socket Head Cap Bolt	2
70	M6 × 1"_Flat Head Socket Screw	6
73	5 × 16m/m_Tapping Screw	13
74	3.5 × 12 m/m_Sheet Metal Screw	22
75	1/2" × 8T_Nyloc Nut	4
76	3/8" × 7T_Nyloc Nut	6
77	5/16" × 7T_Nyloc Nut	2
78	M8 × 7T_Nyloc Nut	1
79	3/8" × 2T_Split Washer	6
80	M8 × 1.5T_Split Washer	2
81	M5_Split Washer	3
82	3/8" × 19 × 1.5T_Flat Washer	6
83	3/8" × 25 × 2T_Flat Washer	5
84	Ø5 × Ø13 × 1.0T_Flat Washer	10
85	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
86	Ø10 × Ø25 × 3T_Nylon Washer (A)	2
87	Ø6.5 × Ø25 × 1.5T_Concave Washer	8
88	M5_Star Washer	3
89	5 × 2T_Speed Nut Clip	2
90	Beverage Holder Assembly	1
90~1	Beverage Holder	1
90~3	300m/m_Safety Switch Module W/Cable	1
90~5	3 × 10m/m_Sheet Metal Screw	2
90~7	100m/m_Computer Cable	1
90~8	5-Pin HR receiver upper cable (Optional)	1
91	4 × 12m/m_Sheet Metal Screw	12
92	Belt Guide	2
93	5 × 16m/m_Tapping Screw	26
94	5 × 19m/m_Tapping Screw	6
95	Cylinder	1

NO.	DESCRIPTION	Q'TY
96	M8 × 1" × 1/4"_Flat Head Countersink Bolt	2
98	3/8" × 3"_Hex Head Bolt	1
99	5/16" × 1/2"_Button Head Socket Bolt	14
100	5/16" × 18 × 1.5T_Flat Washer	6
101	5/16" × 23 × 1.5T_	8
102	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
103	M6 (66 × 88)_Allen Wrench	1
104	Lubricant	1
105	Indentation End Cap	2
106	Beverage Holder Cover	1
110	3.5 × 25m/m_Sheet Metal Screw	2
111	3.5 × 16m/m_Tapping Screw	5
112	Wire Tie Mount	5
113	Foot Rail Cap (R)	1
114	Foot Rail Cap (L)	1
125	M5 × 25m/m_Phillips Head Screw	2
126	M5 × 35m/m_Phillips Head Screw	2
128	M5 × 12m/m_Phillips Head Screw	7
129	Outer Handlebar Cover (L)	1
130	Outer Handlebar Cover (R)	1
131	Bottom Inner Handlebar Cover (R)	1
132	Bottom Inner Handlebar Cover (L)	1
133	Top Inner Handlebar Cover (L)	1
134	Top Inner Handlebar Cover (R)	1
135	3 × 75m/m_Sheet Metal Screw	2
136	Handgrip End Cap	2
137	Choke	1
138	Filter	1
139	400m/m_Connecting Cable Of Motor	1
140	4 × 19m/m_Sheet Metal Screw	4
141	3.0 × 10m/m_Sheet Metal Screw	2
142	150m/m_Connecting Wire (White)	1
143	Audio Cable (Optional)	1
144	Drink Bottle (Optional)	1
145	Chest Strap (Optional)	1